

See next page for
important
information on
updated COVID-19
related policies and
procedures



ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

<http://www.rockvillemd.gov/swimcenter> • (240) 314-8750

Email Newsletter Sign-up

To add your email address to the
distribution list, visit:

[www.rockvillemd.gov/swimcenter
alerts](http://www.rockvillemd.gov/swimcenter/alerts)

Phase One Lap Swim Schedule, effective 6/22/20 – 7/5/20

Facility open to Rockville Residents and Members for Lap Swim / Water Walking and Fitness Room uses ONLY. RESERVATIONS ARE REQUIRED, visit www.rockvillemd.gov/rsfcreservations before your visit. As restrictions become lifted, this schedule and associated procedures will change. See page 2 for additional details.

Day	Outdoor Fitness Pool (“short course” 25 yard lanes)		Outdoor Recreation Pool (~20 yard lanes and water walking)		Indoor North Pool (25 meters lanes)		Indoor South Pool (25 yards lanes)	
	Times	Lane Availability	Times	Lane Availability	Times	Lane Availability	Times	Lane Availability
Monday, Wednesday & Friday Open: 6:00am- 9:00pm	6:00am-9:00am 9:00am-11:00pm 11:00am-12:00pm 12:00pm-4:00pm 4:00pm-8:00pm 8:00pm-9:00pm	11 lanes 8 lanes 11 lanes 19 lanes 13 lanes 19 lanes	6:00am- 9:00pm	6 lanes + Water Walking (WW not available 8:30am-12pm)	6:00am-9:00pm	6 lanes (note: ramp areas NOT available for open rec. swim)	6:00am-9:00pm	6 lanes
Tuesday & Thursday Open: 6:00am- 9:00pm	6:00am-10:00am 10:00am-12:00pm 12:00pm-3:00pm 3:00pm-4:00pm 4:00pm-6:00pm 6:00pm-7:00pm 7:00pm-8:00pm 8:00pm-9:00pm	11 lanes 8 lanes 11 lanes 19 lanes 11 lanes 19 lanes 16 lanes 19 lanes	6:00am- 9:00pm	6 lanes + Water Walking (WW not available 6am-7:30am, 8:30am-12pm, and 7pm-9pm)	6:00am-9:00pm	6 lanes (note: ramp areas NOT available for open rec. swim)	6:00am-12:00pm	6 lanes
							3:00pm-8:00pm	6 lanes
Saturday Open: 6:00am- 9:00pm	6:00am-9:00am 9:00am-9:00pm	11 lanes 19 lanes	12:00pm- 9:00pm	6 lanes + Water Walking	6:00am-9:00am 12:00pm-9:00pm	6 lanes (note: ramp areas NOT available for open rec. swim)	6:00am-9:00pm	6 lanes
Sunday Open: 9:00am- 9:00pm	9:00am-11:00am 11:00am-9:00pm	11 lanes 19 lanes	12:00pm- 9:00pm	6 lanes + Water Walking	12:00pm-9:00pm	6 lanes (note: ramp areas NOT available for open rec. swim)	9:00am-9:00pm	6 lanes

**Note: As programs resume, pool space allocations
will be adjusted**

Fitness Room

Monday – Saturday: 6:00am-9:00pm & Sunday: 9:00am-9:00pm

Holiday Schedule – Sat. July 4: Facility will close promptly at 4:00pm (and operate on regular hours until that time).

Due to COVID-19 related precautions and social distancing requirements set forth by the State of Maryland and Montgomery County Departments of Health, facility operations are strictly limited at this time. Please take time to read the information below prior to requesting a reservation. As the health authorities' restrictions on swimming pool and fitness center operations become looser, we will re-address the limitations for the Rockville Swim and Fitness Center.

- Facility use limited to City of Rockville Residents and facility members only and open for LAP swim, Water Walking and Fitness Room uses ONLY.
 - Check your residency status at www.rockvillemd.gov/gis.
- Advanced Reservations are required (at least 24 hours in advance). Request a reservation at www.rockvillemd.gov/rsfcreervations.
- Open water "free swim" is not currently available.
- Only Lap Swimming and Water Walking are permitted.
 - Lap Swimming is defined as: traversing the length of the pool using a coordinated stroke for a sustained period. Lap swimmers must be able to swim from one end of the pool to the other without stopping or assistance.
 - Water Walking is defined as: continuous motion of the legs/arms to "jog in place" over a sustained period of time for exercise purposes.
 - Lap lanes may only be used by one person at a time, and customers should rest at opposite ends of the pool.
- Although the indoor locker rooms and outdoor bathhouse will be open, customers should plan to "dip in and dip out," focusing their time at the facility on swimming. Consider coming dressed to swim and changing afterwards at home.
- Customers must bring all equipment (ex: kickboards, towels, goggles) they would like to use. No shared equipment will be available. Bring your own filled water bottle.
- Deck furniture is not available during this phase of our re-opening.
- Limited program offerings are also available. Visit www.rockvillemd.gov/registration to learn more. Programs require advanced registration (no drop-ins).
- A face covering is required to be worn by all visitors over the age of 2 when not in the water.
- Follow the [Centers for Disease Control Recommendations for Healthy Swimming](https://www.cdc.gov/healthywater/swimming/index.html) (<https://www.cdc.gov/healthywater/swimming/index.html>). Take steps to wash your hands often and shower before swimming.
- Cleaning and sanitizing procedures have been increased throughout the facility in compliance with health department directives.
- The tot pool, sprayground, spa and sauna remain closed.
- Do not come to the facility if you are sick or otherwise instructed to remain at home.
- Visit our website at www.rockvillemd.gov/swimcener for additional details.